## IN THE CLAIMS:

Please amend the claims as follows:

Claim 1. (Cancelled)

Claims 2-3 (Previously Cancelled)

Claims 4-16 (Cancelled)

Claim 17. (New) A free flowing powder composition, for incorporation into a nutritional or pharmaceutical composition that contains a salt that has water of crystallisation, comprising in admixture: an acid salt of calcium from which most of the water of crystallisation has been removed; and magnesium sulphate.

- Claim 18. (New) A free flowing powder composition as claimed in claim 17 further comprising calcium oxide.
- Claim 19. (New) A free flowing powder composition as claimed in claim 17 wherein the acid salt of calcium is a fruit acid salt.
- Claim 20. (New) A free flowing powder composition as claimed in claim 19 wherein the fruit acid salt of calcium is calcium lactate
- Claim 21. (New) A free flowing powder composition as claimed in claim 19 wherein the fruit acid salt of calcium is calcium ascorbate.
- Claim 22. (New) A free flowing powder composition as claimed in claim 17 wherein the magnesium sulphate is anhydrous magnesium sulphate.
- Claim 23. (New) A free flowing powder composition as claimed in claim 17 wherein the magnesium sulphate is calcined magnesium sulphate.

- Claim 24. (New) A free flowing powder composition as claimed in claim 17 further comprising an admixture of calcium lactate from which most of the water of crystallisation has been removed, anhydrous magnesium sulphate and anhydrous calcium oxide.
- Claim 25. (New) A free flowing powder composition as claimed in claim 17 further comprising an admixture of calcium lactate from which most of the water of crystallisation has been removed, calcined magnesium sulphate and anhydrous calcium oxide.
- Claim 26. (New) A composition as claimed in claim 17 further comprising up to 10% of magnesium sulphate
- Claim 27. (New) A composition as claimed in claim 26 comprising from 1-5% magnesium sulphate.
- Claim 28. (New) A composition as claimed in claim 18 further comprising up to 10% calcium oxide.
- Claim 29. (New) A composition as claimed in claim 28 comprising from 4-8% calcium oxide.
- Claim 30. (New) A nutritional or pharmaceutical composition comprising a free flowing powder composition that contains a salt that has water of crystallisation, comprising in admixture: an acid salt of calcium from which most of the water of crystallisation has been removed; and magnesium sulphate.
- Claim 31. (New) A nutritional or pharmaceutical composition as claimed in claim 30 wherein the free flowing powder composition further comprises calcium oxide.

- Claim 32. (New) A nutritional or pharmaceutical composition as claimed in claim 30 wherein the acid salt is a fruit acid salt.
- Claim 33. (New) A nutritional or pharmaceutical composition as claimed in claim 32 wherein the fruit acid salt of calcium is calcium lactate.
- Claim 34. (New) A nutritional or pharmaceutical composition as claimed in claim 32 wherein the fruit acid salt of calcium is calcium ascorbate.
- Claim 35. (New) A nutritional or pharmaceutical composition as claimed in claim 30 wherein the free flowing powder composition further comprises an admixture of calcium lactate from which most of the water of crystallisation has been removed, anhydrous magnesium sulphate and anhydrous calcium oxide.
- Claim 36. (New) A nutritional or pharmaceutical composition as claimed in claim 30 wherein the free flowing powder composition further comprises an admixture of calcium lactate from which most of the water of crystallisation has been removed, calcined magnesium sulphate and anhydrous calcium oxide.
- Claim 37. (New) A nutritional or pharmaceutical composition as claimed in claim 30 which is a powdered drink.
- Claim 38. (New) A nutritional or pharmaceutical composition as claimed in claim 30 which is an effervescent drink.
- Claim 39. (New) A nutritional or pharmaceutical composition as claimed in claim 30 comprising 100% of the recommended daily allowance (RDA) of calcium and 20% of the RDA of magnesium.
- Claim 40. (New) A nutritional or pharmaceutical composition as claimed in claim 30 which provides 100% of the RDA of ascorbic acid.

Claim 41. (New) A nutritional or pharmaceutical composition as claimed in claim 30 which is a compound mineral and multivitamin supplement.

Claim 42. (New) A nutritional or pharmaceutical composition as claimed in claim 41 further comprising 100% of the RDA of calcium, 20% of the RDA of magnesium and 100% the RDA of vitamins A, B, C, D and E together with trace elements.

Claim 43. (New) A confectionery product including a composition as claimed in claim 17.

Claim 44. (New) A method of manufacturing a nutritional or pharmaceutical product comprising one or more components which contain water which is releasably bound wherein the manufacturing steps are conducted in the absence of special low humidity conditions and a free flowing powder composition that contains a salt that has water of crystallisation, comprising in admixture: an acid salt of calcium from which most of the water of crystallisation has been removed; and magnesium sulphate, is intimately mixed into the product in an amount which will sequester any water which may be released from the water containing components to provide a continuous desiccant effect.